

Want to Be Stressed Out?

Focus upon your mistakes and limitations

Surrender to stress!

Practice negativism over and over...

Hold onto problems- yours and everyone's!

Jump to quick conclusions

Complain and criticize often!

Live in the past and worry about the future

Eat & drink anything and everything you desire!

Give up your sense of humor!

Never ever ask for any help

Practice poor time management...

And remember that feeling Stressed helps you feel very, very important!!

